



Graeme Thomas Online

Because "Good Enough", Isn't!

<http://graemethomasonline.com>

Joan Doe
 PERCENT OF GOALS
 Thursday, March 31, 2011

Female Age: 40 yrs Height: 5 ft. 7 in. Weight: 132.0 lb Goal Weight: 135.0 lb

NUTRIENT	ACTUAL	GOAL	%	0%	25%	50%	75%	100%
General								
Calories	1630	1764	92					
Protein (g)	132	132	99					
Carbohydrates (g)	129	176	73					
Dietary Fiber (g)	31	25	126					
Fat (g)	70	59	118					
Saturated Fat (g)	34	14	245					
Cholesterol (mg)	262	247	106					
Water (fl oz)	40	109	37					
Vitamins								
Vit-A (mcg_RAE)	1197	700	171					
Vit-B1 Thiamine (mg)	1	1	121					
Vit-B2 Riboflavin (mg)	3	1	238					
Vit-B3 Niacin (mg)	26	14	188					
Vit-B5 Pantothenic Acid (mg)	8	5	156					
Vit-B6 Pyridoxine (mg)	2	1	189					
Total Folate (mcg)	369	400	92					
Folate, DFE (mcg_DFE)	369	400	92					
Vit-B12 Cyanocobalamin (mcg)	3	2	137					
Vit-H (mcg) Biotin	0	30	0					
Vit-C (mg)	167	75	222					
Vit-D (IU)	62	200	31					
Tocopherol, Alpha (mg)	5	15	32					
Vit-K (mcg)	74	90	83					
Minerals								
Calcium (mg)	432	1000	43					
Magnesium (mg)	408	320	127					
Phosphorus (mg)	1371	700	196					
Chromium (mcg)	0	25	0					
Copper (mg)	2	1	201					



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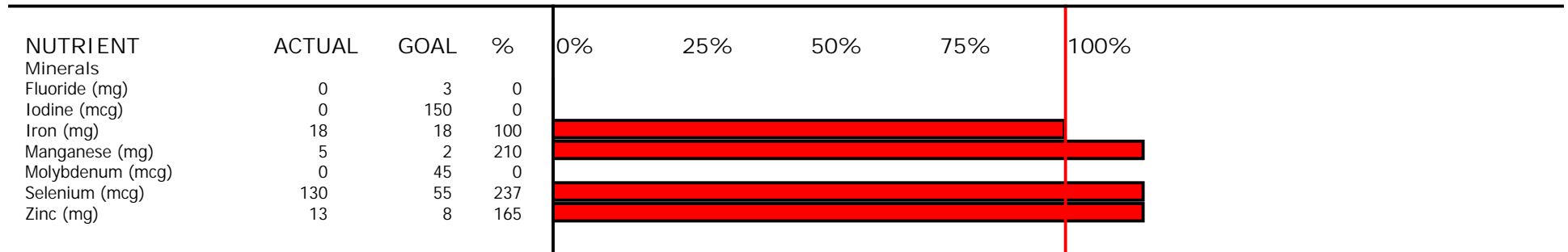
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Joan Doe - DAILY FOOD LOG

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	GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FIBER(g)	FAT(g)	SAT FAT(g)
breakfast (7:00 AM)							
1.00 servings Protein pancakes	340	387	41	34	8	9	1
3 tbsp Syrup no sugar added	45	30	0	7	0	0	0
lunch (10:00 AM)							
1.00 servings Old Fashioned Chili (beans)	359	420	28	32	8	21	8
snack (12:00 PM)							
1.00 servings No Bake Oat and Peanut Butter Protein Bar	68	243	19	24	4	9	3
15 medium CARROT, BABY, RAW	150	53	1	12	3	0	0
dinner (3:00 PM)							
1.00 servings Chicken Curry	364	441	39	10	2*	29	21
2 cup CAULIFLOWER, BOILED W/SALT	248	57	5	10	7	1	0

DAILY TOTALS	1574	1630	132	129	31*	70	34
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	CHOL(mg)	SODIUM(mg)
breakfast (7:00 AM)		
1.00 servings Protein pancakes	2	581
3 tbsp Syrup no sugar added	0	75
lunch (10:00 AM)		
1.00 servings Old Fashioned Chili (beans)	78	594
snack (12:00 PM)		
1.00 servings No Bake Oat and Peanut Butter Protein Bar	39	71
15 medium CARROT, BABY, RAW	0	117
dinner (3:00 PM)		
1.00 servings Chicken Curry	143	166
2 cup CAULIFLOWER, BOILED W/SALT	0	600

DAILY TOTALS	262	2205
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PCF: 32-31-38

Values marked with a single asterisk (*) indicate totals with some values not available. This may result in an under reporting of values.



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DAILY EXERCISE
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EXERCISE	DURATION (minutes)	CALORIES BURNED
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1 DAY CALORIE SUMMARY

	TOTAL	AVERAGE
Calorie Goal	1764	1764
Calories Earned through Exercise	<u>0</u> 1764	<u>0</u> 1764
Food Log Calories	1630	1630
CALORIE DEFICIT	<134>	<134>

